






# Eat Smart Be Smart

## Strong Bones

3 is the Key

-  **Grade Level:** K   **Length of Lesson:** 30 minutes
-  **Integrated Core Subjects:** Math, Health Enhancement
-  **Montana Content Standard:** Math Standard 2: Students demonstrate understanding of and an ability to use numbers and operations.
-  **Montana Content Standard:** Health Enhancement Standard 7: Students demonstrate health enhancing behaviors.
-  **Objectives:** Students will identify one reason it is important to select foods from the dairy group; some foods or drinks that belong in the dairy group; and understand that they need three servings from the dairy group every day.

## Lesson/Activity

1. Ask students if they drink milk. Show a visual of a carton (1 cup) of milk. Ask the students what food group does milk belong in. Ask the students if they can name other foods found in the milk group.
2. Ask the children if anyone is allergic to milk or can't drink it because it makes them sick. If so, then tell them that they can consume other foods that give them the same nutrients that are found in milk for growing, learning and keeping healthy. Fortified soy milk or leafy green vegetables are examples of such foods.
3. Ask students if they know why having food or drinks from the dairy group is so important. Explain that eating or drinking foods from the dairy group helps build strong bones and teeth.
4. Review with the students that they need to have three choices from the dairy group every day. Ask the students if they think they eat three servings of dairy foods each day and ask for an example of one dairy food they ate yesterday.
5. Ask them to name a food item they could have at breakfast; for example, milk to drink, milk on cereal, yogurt, smoothie, calcium fortified orange juice or fortified soy milk.
6. Ask them to name a food item they could have at lunch; for example, a carton of milk, sliced cheese with crackers, sliced cheese on a sandwich, pizza, yogurt, string cheese, or cottage cheese.
7. Ask them to name a food they could have at dinner; for example, milk, cheese, milk-based soup, or yogurt with berries.
8. Ask them to name a food they could have for a snack or dessert; for example, pudding, ice cream, or frozen yogurt.
9. Pass out the work sheet and review the food items on it with the students. Have them complete the *Strong Bones...3 Is The Key* work sheet.
10. Reinforce that having three servings a day from the dairy group is the key for strong bones and teeth.

## Materials Needed

- Crayons or Markers
- A copy of the *Strong Bones...3 is the Key* worksheet for each student.



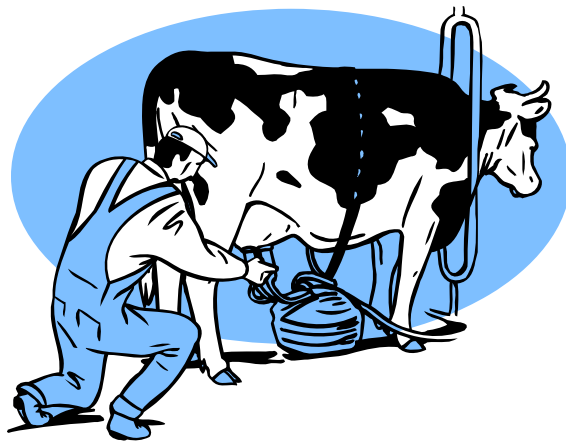
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## Outcome Goals

- ✎ Students will identify what foods are from the dairy group.
- ✎ Students will identify one reason why the dairy group is important to good health.
- ✎ Draw or name three items from the dairy group they can eat or drink tomorrow.

## Extending the Lesson:

- ✎ Read the book to the children, The Milk Makers, by Gail Gibbons, to introduce the concept of how cow's milk is made from animals.
- ✎ Celebrate strong bones on Halloween or during the next classroom party by having a Yogurt Parfait Party or Sensational Smoothie Party.



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Acknowledgments/Adapted From

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